

Om Nom Nom

WHAT'S COOKING?

MONDAY

- B: breakfast casserole
- L: left-over paleo tacos
- S: veggies and ranch dip
- D: tandoori chicken and pineapple "rice"

TUESDAY

- B: pumpkin custard
- L: left over tandoori chicken
- S: larabar & seasnax
- D: one pan steak and veggies

WEDNESDAY

- B: breakfast casserole
- L: left-over steak and veggies
- S: apple and almond butter
- D: eggroll in a bowl

THURSDAY

- B: pumpkin custard
- L: leftover eggroll in a bowl
- S: veggies and ranch dip
- D: paleo pho

FRIDAY

- B: breakfast casserole
- L: left over pho
- S: root veggie chips and grapes
- D: plantain nachos

SATURDAY

- B: banana pancakes and bacon
- L: knock-off chickfil-a nuggets and sweet p. fries
- S: larabar
- D: paleo alfredo

SUNDAY

- B: paleo waffles and eggs
- L: left-over paleo alfredo
- S: apple and almond butter
- D: paleo pad thai

SHOPPING list

produce

- o spaghetti squash
- o zucchini x 8
- o limes - 2
- o cabbage - 1
- o 3 yellow onions
- o avocado - one bag
- o 2 leeks
- o cauliflower x 2
- o garlic
- o sweet potatoes x 8
- o apples - for snack
- o broccoli
- o portabello mushrooms
- o banana - 1 bunch
- o mung bean sprouts
- o fresh sage
- o leeks x 2
- o pineappel (canned ok)

protein

- o 6.5 lb skinless, boneless chicken
- o beef tenderloin (for pho)
- o bacon - wh30
- o apple chicken sausage - wh30
- o 4 porterhouse steaks or equiv.
- o eggs x 2
- o 1 lb ground beef

other

- o coconut milk x 4
- o chicken stock x 2
- o smoked paprika
- o almond butter
- o maple syrup (kds)
- o sliced almonds
- o curry powder
- o star anise
- o chopped pecans
- o pumpkin puree - check

Recipe

BREAKFAST CASSEROLE

Ingredients

2 small Sweet Potatoes
3 Tbsp Extra Virgin Olive Oil
2 Chicken Apple Sausages
½ Yellow Onion
4 Eggs
½ cup Coconut Milk
Coarse sea salt/pepper to taste
¼ tsp fresh Sage



Instructions

1. Grease a glass 8x8 inch baking dish. Preheat the oven to 350 degrees Fahrenheit.
2. Grate the sweet potatoes (making hash browns) and then place them in the bottom of the greased dish.
3. Heat 2 Tbsp oil over medium-high (~6) heat. Dice the onion and break up the sausage. Add the onion to the oil. Season with coarse sea salt and black pepper and cook until the sausage is no longer pink and onions are translucent.
4. Layer the sausage and onion on top of the sweet potatoes.
5. Place the eggs, roughly-chopped sage, coconut milk, ½ tsp coarse sea salt and ½ tsp black pepper into a blender and pulse until incorporated. Pour the egg mixture on top of the sausage and onions.
6. Bake uncovered for 45 minutes or until a toothpick comes out clean.

Notes

recipe courtesy of: www.paleoeffect.com

Recipe

PUMPKIN CUSTARD

Ingredients

1 can full fat coconut milk
½ cup chopped pecans
2 - very ripe bananas
3 tbsp almond butter
4 eggs
cinnamon or pumpkin spice to taste
15 oz can pumpkin puree



Instructions

1. Preheat oven to 350 degrees.
2. In a 13x9 baking dish - place all ingredients except the nuts. Using an immersion blender blend the mixture until combined well. If you don't have an immersion blender you can put the ingredients in a large bowl and use a hand mixer, stand mixer, or even a blender.
3. Once combined, sprinkle the top with nuts and place in the oven for 30 minutes. Serve warm or chilled.

Notes

recipe courtesy of: www.justpaleofood.com

Recipe

TANDOORI CHICKEN WITH PINEAPPLE "RICE"

Ingredients

FOR THE CHICKEN

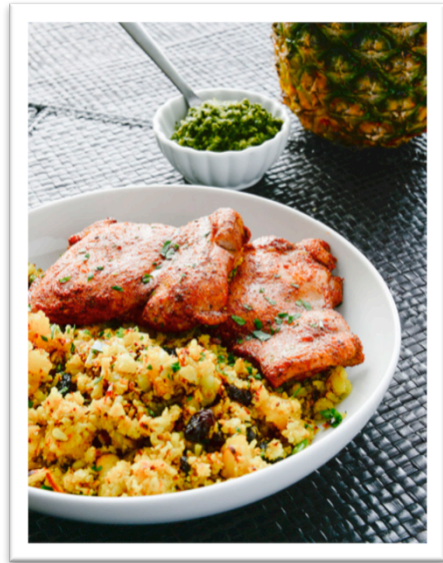
- 1/2 cup canned coconut milk
- juice of 1 lemon
- 2 cloves garlic, minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground coriander
- 1 teaspoon powdered ginger
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground black pepper
- 2 pounds chicken
- 1/4 teaspoon ground cardamom

FOR THE RICE

- 1 head fresh cauliflower
- 1/2 cup canned pineapple chunks (sugar-free, packed in juice)
- 3 scallions, thinly sliced
- 1/4 cup sliced almonds
- 1/4 cup raisins
- 2 tablespoons coconut oil
- 1 teaspoon Indian curry powder
- 1 teaspoon salt
- 1-2 tablespoons ghee, melted

Instructions

1. In a large bowl, mix everything except the chicken. Place the chicken in a large food storage bag and pour in the marinade. Seal and squish around so the chicken is coated. Marinate in the refrigerator for a minimum of 2 hours or up to overnight.
2. Break the cauliflower into florets, removing the stems. Place the florets in the food processor bowl and pulse until the cauliflower looks like rice, about 10 to 15 pulses.



3. Preheat oven to 425F. Cover a large baking sheet with aluminum foil and place a wire rack on top. Arrange the chicken in a single layer on the wire rack and roast 20-30 minutes until starting to brown and cooked through.
4. Cut the pineapple chunks in half. In a very large bowl, mix the riced cauliflower, pineapple chunks, scallions, almonds, and raisins. In a small bowl, place the coconut oil, curry powder, and salt. Microwave until the oil is melted, about 20 seconds, mix, and pour the oil over the cauliflower. Toss with a rubber spatula until the veggies are coated in the seasonings. Spread the rice evenly on two large, rimmed baking sheets. Roast 15 minutes, then stir the veggies, spread flat again, and return to oven for 10 minutes. Pour the melted ghee over the rice and stir to coat.

Notes

recipe courtesy of: [www. http://meljoulwan.com](http://meljoulwan.com)

Recipe

ONE PAN STEAK AND VEGGIES

Ingredients

2 porterhouse steaks ,1 pound each, about 1 to 1 ½ inches thick
(other cuts good for broiling are: t-bone, ribeye, sirloin, top loin, eye round)
1 onion, cut in half and sliced
6 oz fresh mushrooms, sliced
1 carrot, thinly sliced
1 fresh garlic bulb, skin left on, cloves separated
2-4 tablespoons fat of choice
Grill seasoning, to taste or sea salt and pepper to taste
balsamic vinegar for drizzling
2 tablespoons butter or ghee



Instructions

1 Preheat your broiler, with rack 6 inches from the heat. On a rimmed baking pan, toss the onion, mushrooms, carrot, and garlic cloves with oil. Arrange your steak on the sheet and season steak and veggies with grill seasoning or salt and pepper. Drizzle the balsamic vinegar over the veggies and steak.

2 Broil for 10 – 12 minutes for medium rare steak (no need to flip for medium rare). Take the pan out of the oven and immediately put a pat or two of butter on top of the steak. Cover the whole pan with foil and let rest for 10 minutes.

3 After the 10 minutes is up, remove the pulp from the roasted garlic cloves and spread over the steak and veggies. Top with fresh chives or any additional toppings.

Notes

recipe courtesy of: www.primallyinspired.com

Recipe

EGG ROLL IN A BOWL

Ingredients

- 1 small/medium head of cabbage, sliced into one inch pieces
- 3 large carrots, sliced very thin
- 1 medium yellow onion, diced
- 1 tbsp. unflavored coconut oil
- 1 tbsp. sesame oil
- 2 teaspoons minced garlic
- 1/3 cup coconut aminos
- 2 boneless skinless chicken breasts
- 2 eggs, beaten (optional)



Instructions

1. Heat the coconut oil over medium high heat. Sauté your onions and add your chicken until chicken is cooked through.
2. Add your carrots and cabbage and sauté until soft.
3. Mix together the coconut aminos, garlic, and sesame oil and pour over the cabbage mixture. Cook until a little softer and incorporated. Over high heat, pour your eggs on at the very end until scrambled into the mixture and serve. (If your pan has a lot of liquid at the bottom at this point, you might want to remove some of it before you add the egg.)

Notes

recipe courtesy of: www.rumblytumbly.com

Recipe

PALEO PHO

Ingredients

- 1 cinnamon stick
- 1 star anise
- 2 large garlic cloves, sliced
- 2-inch piece of fresh ginger, peeled and roughly chopped
- ¼ medium yellow onion, peeled and thinly sliced
- 4 cups chicken or vegetable stock
- 1 tablespoon coconut aminos
- 2 cups cooked and beef tenderloin
- 1.5 pounds zucchini noodles
- 1 lime, cut into wedges
- 2 large sprigs of Thai basil
- 1 cup fresh mung bean sprouts
- 1 jalapeño, sliced (optional)
- sprinkle of red chile pepper flakes (optional)



Instructions

1. In a large pot over medium heat, dry roast cinnamon stick, star anise, garlic and ginger for one minute.
2. Add the onions, stock, and coconut aminos. Bring to a boil, reduce heat, and simmer, covered, for 30 minutes.
3. Remove cinnamon stick and star anise. Add the chicken (or protein source of your choice) and zucchini noodles. Simmer for 3 - 5 minutes, or until noodles are tender, but not mushy.
4. Serve hot with lime wedges, basil, bean sprouts, jalapeno, and red chile pepper flakes if desired.

Notes

recipe courtesy of: [www. http://www.insonnetskitchen.com](http://www.insonnetskitchen.com)

Recipe

PLANTAIN NACHOS

Ingredients

- 2 green plantains, thinly sliced
- 1 Tablespoon coconut oil, melted
- Salt & Pepper to taste
- 1 lb. lean ground beef or turkey
- 1/2 white onion, chopped
- 1/4 cup water or broth
- 3 Tablespoons homemade taco seasoning



Instructions

1. Peel and cut plantains into super thin slices.
2. Melt coconut oil and stir in a bowl with the chips to coat evenly.
3. Arrange on a baking sheet in one layer. Salt & Pepper to taste.
4. Bake in the oven at 400 degrees for about 30 minutes until crisp.
5. Brown meat in a skillet on the stove with chopped onions. Drain any excess fat.
6. Add taco seasoning and broth or water. Stir until well combined.
7. Serve on top of plantain chips along with desired toppings. Makes about 3-4 servings.

Notes

recipe inspiration courtesy of: www.hip2save.com

Recipe

HOMEMADE TACO SEASONING

Ingredients

- 4 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon crushed red pepper flakes (more or less depending on how spicy you like it)
- 1 teaspoon dried oregano
- 1 tablespoon paprika
- 3 tablespoons ground cumin
- 1 tablespoon salt
- 1 tablespoon black pepper

Instructions

| In a bowl mix everything together and store in an airtight container. That's it!

Notes

recipe courtesy of: www.hip2save.com

Recipe

PALEO ALFREDO

Ingredients

TO COOK THE LEEKS

1 tbl [coconut oil](#)
2 large leeks, washed and chopped (about 4 cups)
⅓ cup chicken stock
Juice of ½ a lemon

TO MAKE THE SAUCE

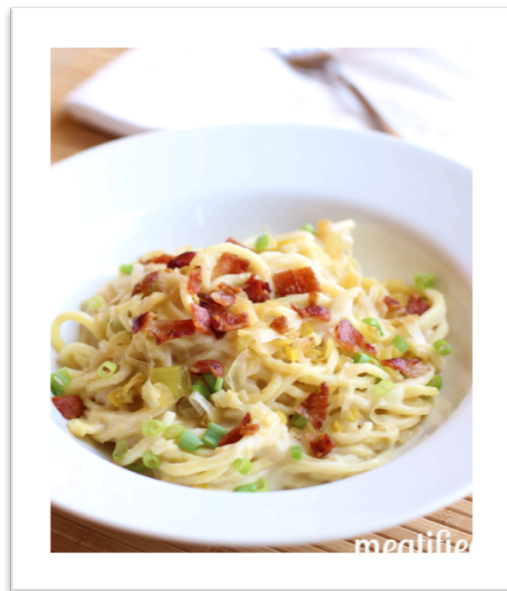
¾ lb cauliflower, chopped (4 cups)
½ cup chicken stock
1 cup coconut milk
½ tsp sea salt
2 tsp garlic powder

FOR THE NOODLES

2 large white sweet potatoes (or preferred vegetable)

TO GARNISH

6 slices sugar free bacon
Handful green onions, chopped



Instructions

TO COOK THE LEEKS

Over a low-medium heat, add the ghee or coconut oil to a large skillet. Add the leeks, stirring them through so that they are coated in the fat evenly. Then turn the heat down to low. Cook until softened and beginning to caramelize at the edges, about 20 minutes. Add the chicken stock and lemon juice and cover the pan, cooking until completely tender, about 5-10 minutes.

TO MAKE THE SAUCE

While the leeks are cooking, fill a saucepan ⅓ way full of water and bring to a boil. Add the chopped cauliflower and simmer until tender, about 10 minutes. Drain the cauliflower and add to a blender, along with the chicken stock, coconut milk, salt and garlic powder. Puree until smooth and liquid. Once the leeks are cooked, stir them into the cauliflower Alfredo sauce. Set aside.

FOR THE NOODLES:

Use a spiralizer to make the sweet potatoes into noodles. Bring a pan of water to a boil. Add the spiralized sweet potato to the boiling water and cook until softened, but still al dente, about 4-5 minutes. Drain the sweet potato noodles.

TO GARNISH AND ASSEMBLE:

Cook the bacon until crisp. Allow to cool slightly and chop into small pieces.

Slice the green onions.

Add the sweet potato noodles to a large skillet, pour over the Alfredo sauce and leeks. Use tongs to stir the sauce through the noodles and make sure everything is coated evenly. If the sauce is too thick, add a splash or two of water.

Simmer the noodles in the sauce until everything is warmed through.

Pile the noodles and Alfredo sauce onto plates. Sprinkle with bacon pieces and green onion before serving.

Notes

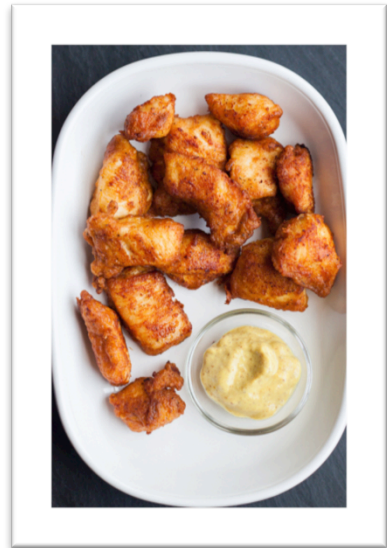
recipe courtesy of: www.meatified.com

Recipe

KNOCK-OFF CHIKFILA NUGGETS

Ingredients

2 lbs boneless, skinless chicken breasts
1/4 cup dill pickle juice
1 egg, beaten
2 tbsp coconut milk
1/4 cup tapioca starch
1 tbsp paprika
1 tsp each salt and black pepper
1/2 tsp garlic powder
1 dash ground cayenne pepper
1/2 cup coconut oil for frying



Instructions

1. Cut your chicken into 1" chunks. Place the chicken chunks in a re-sealable plastic bag and add the pickle juice; marinate in the fridge for an hour.
2. After an hour, open the bag and pour out any excess pickle juice. It doesn't have to be perfectly drained, just not totally juicy. Add the beaten egg and the coconut milk, and mix together, then let sit for five minutes. Again, open the bag and pour out the excess liquid, if there is any. Texture is important at this point – the pieces should be wet but not swimming in a soup of pickle/egg/coconutty goodness.
3. Prep your dry ingredients by stirring them all together.
4. Add the dry ingredients and mix them together in the bag, by a combination of shaking, rubbing, and pleading. It'll take a few minutes, so this is a good time to warm up your skillet of oil on medium heat.
5. Fry your chicken pieces, flipping every few minutes, until nice and golden brown. It should take about six to eight minutes per batch. Don't overcrowd the skillet; it took me four batches to cook all two pounds of chicken. Use a splatter screen if you have one. Drain the chicken pieces on paper towels as you cook the others, and keep them warm in the oven at 170 degrees.

Notes

recipe courtesy of: www.thedomesticman.com

Recipe

BAKED SWEET POTATO FRIES

Ingredients

2 – 3 Sweet potatoes
2 tsps Smoked Paprika
2 tsps Oregano
2 tsps Cayenne Pepper
1 tsp Garlic Powder
Sprinkle of coarse salt
2 tbsp olive oil



Instructions

1. Preheat your oven to 220°C/428°F.
2. Peel the sweet potato and cut into fries.
3. Mix the oil and the spices together in a bowl and then toss the fries in it.
4. Spread them out on a large baking sheet and sprinkle with the coarse salt before placing in the oven.
5. Bake in the oven for 10 minutes turn them over and return them to the oven for a further 10 minutes until golden, crispy and cooked through!

Notes

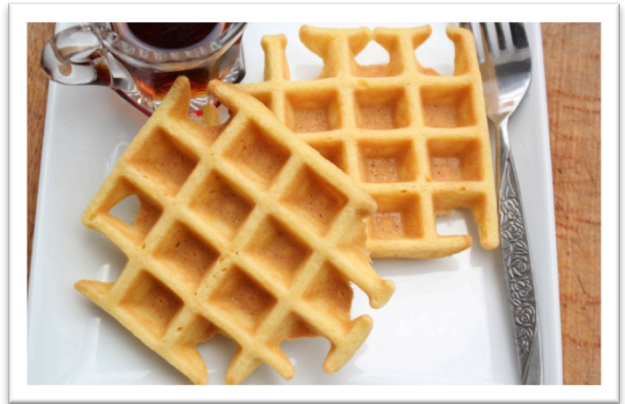
recipe courtesy of: www.thewonkyspatula.com

Recipe

GRAIN FREE WAFFLES

Ingredients

3 egg yolks
3 egg whites, room temperature
1/4 cup coconut milk or milk
1 cup almond flour
1/4 teaspoon salt
1 teaspoon vanilla if sweet
2 tablespoons coconut oil, melted
bacon grease or lard or coconut oil for iron



Instructions

1. Preheat waffle iron.
2. Add almond flour and salt. Combine until smooth.
3. Add melted coconut oil or butter.
4. Whisk egg whites until they form moist, stiff peaks.
5. Fold about 1/4 of egg whites into batter. Fold batter into remaining egg whites in three parts.
Add vanilla. Mix well.
6. Scoop 1/3 C. of batter onto a preheated and greased waffle iron. Do not smooth the top of the batter before closing the top of the iron. Close the lid gently!
7. Cook until golden brown.

Notes

recipe courtesy of: www.bravoforpaleo.com

Recipe

PALEO PAD THAI

Ingredients

FOR NOODLES

½ medium spaghetti squash
1 pound chicken, cut into 1 inch pieces
2-3 cloves garlic, minced
2 eggs, whisked
3 cups chopped veggies
(I used carrots, zucchini, and broccoli)

FOR SAUCE

½ cup coconut milk, homemade or canned
½ cup homemade broth (chicken, beef, or veggie)
½ cup almond butter
juice from one large lime (or 2 small)
1 TBS apple cider vinegar
2 TBS coconut aminos (a healthy substitute for soy sauce)
2 TBS toasted sesame oil
1 TBS fresh ginger, grated fine
¼ tsp celtic sea salt
⅛ tsp cayenne pepper, powdered
PLUS coconut oil, butter, or ghee for cooking

FOR GARNISH

¼ cup cilantro, chopped
3 green onions, thinly sliced
1 lime



Instructions

1. Cook spaghetti squash until tender. I like to cut the squash in half and cook in crockpot on high for 2-2.5 hours with about an inch of water in the bottom. Comes out perfect. OR pierce the outside of squash SEVERAL times with a fork and then roast WHOLE squash in shallow baking dish for one hour in preheated 375°F oven.

2. When cool enough to handle, cut lengthwise (if you haven't already) and scoop the seeds and fibrous strings from the center of the cooked spaghetti squash. Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands (this is your noodles). Set aside.

TO MAKE SAUCE:

1. Combine all sauce ingredients in a medium pot over low heat. Stir until well combined. Set aside.
2. Heat 1 TBS fat of your choice in a skillet on medium heat. Add chicken bits and cook until lightly browned. Add minced garlic in at the last minute and saute a minute or two. Remove from skillet and set aside.
3. Add a splash of oil to pan and pour in eggs and cook until eggs are thoroughly cooked. Remove from pan and set aside.
4. Add another splash of oil and saute veggies until beginning to soften (about 4-5 minutes)
5. Add chicken, eggs, and sauce to skillet and mix thoroughly.
Add spaghetti squash and mix again
Serve immediately
Garnish with fresh cilantro and lime wedges

Notes

recipe courtesy of: www.savorylotus.com